

BOROUGH OF CARDIGAN

PUBLIC HEALTH DEPARTMENT

ANNUAL REPORT 1972



MEDICAL OFFICER OF HEALTH:

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PUBLIC HEALTH INSPECTORS:

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BOROUGH OF CARDIGAN

MAYORS

1971/72

Councillor Miss S. R. Owen

1972/73

Councillor J. G. Watts

Committees dealing with Public Health Matters

(a) Public Health Committee 16 members

Chairman

1971/72

Alderman R. L. Peregrine

1972/73

Alderman R. L. Peregrine

(b) Housing Committee 16 members

Chairman

1971/72

Councillor I. J. C. Radley

1972/73

Councillor I. J. C. Radley

(c) Plans Committee ... 16 members

Chairman

1971/72

Councillor T. L. Atkinson

1972/73

Councillor T. L. Atkinson

Town Clerk: Mr. R. A. Davies,
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Morgan Street,
CARDIGAN.

Telephone: Cardigan 2641

To the Mayor, Aldermen and Members of
Cardigan Borough Council

PREFACE

I have pleasure in presenting the Annual Report of the Public Health Department for the year 1972.

The number of live births registered during the year was forty-four, representing a decrease of twenty-five from the figure for the previous year. There were no registered stillbirths but one child died after the end of the first week and before the end of the fourth week of life. No woman died as a result of pregnancy, childbirth or abortion.

The number of registered deaths was sixty-three, an increase of three over last year. Fourteen people died of 'stroke', twelve of heart disease and nine of cancer.

No unusual notifications of infectious disease were received during the year. Five new cases of tuberculosis were notified during the year and one person died of the disease. In order to trace all contacts of a notified case of tuberculosis, the Department works in conjunction with the local chest physician.

It was hoped to incorporate in this Annual Report for 1972, an analysis of the Vital Statistics for 1973 as well, but it has now become obvious that the Office of Population Censuses and Surveys will be unable to supply the basic information necessary for any assessment, before this Council ceases to exist as such.

Consequently this is the last Annual Report I shall have the pleasure of presenting as your Medical Officer of Health. I have attempted over the years to draw your attention to various problems affecting the public health, and on

this last occasion I would like to highlight some of those problems that are likely to be encountered in the future, against a backcloth of those that occurred in the past.

Let us then look at the conditions existing in Britain when the first Medical Officers of Health were appointed in the middle of the last century. By 1850 the Industrial Revolution was complete, and whereas in 1780, about 75 per cent of Britain's population worked on the land, by 1850 only 40 per cent did so; the rest worked in factories and existed in the disgraceful conditions brought about by the Industrial Revolution. Mothers and children slaved in industry, and many families occupied one small room, in which children witnessed birth, death and the horrors of Smallpox. Pauper children were sent by the cartload to work for 15 hours a day, 6 days a week as cheap labour in industry, and were kept in barracks near the factories.

The fear of infectious disease was real - in 1849 there were 53,000 deaths from cholera in this country. The official social conscience was nonexistent, as evidenced by the Andover Scandal in 1845, and the treatments carried out in the name of medicine and surgery are best left untold.

Against this backcloth of squalid life and merciful death, where at least 200. and often 250 children out of 1,000 born were due to die before their first birthday, and people did not hope to live beyond the age of forty, was set up the first Public Health Act of 1848, and Sir John Simon was appointed the first Medical Officer of Health of London. No one, before or since, has done more for the health of this country. The broad social outlook of his reports, the part he played in reforming the training of doctors and the methods used in the General Register Office are witnesses to the comprehensiveness of his approach to the problems of the public health. From the £2,000 a year he

received for his investigations has grown the whole organized system of medical research in Britain. He set up a Royal Sanitary Commission and for the first time emphasis was laid on prevention of pollution of water, cleanliness of dwellings, disposal of refuse and smoke, inspection of food, the burying of the dead without injury to the living and registration of sickness and death.

The introduction of compulsory education in 1871 meant that young children could no longer be sent out to work to earn money, but had to be maintained by their parents until school-leaving age - as a result the birth rate (35 per 1,000 population in 1871) started to fall and, apart from a rise associated with the second world war, has continued to fall each year ever since, until in 1972 it was only 15 per 1,000 population. However during this hundred year period the population of England and Wales has doubled from 24 million in 1871, to 49 million in 1972. This paradox is the result of the corresponding fall in infant mortality per 1,000 live births, from 149 in 1871 to 17 in 1972, and the concomitant decline in death rate per 1,000 living, from 21 in 1871 to 12 in 1972.

Slowly the reforms of the 19th century began to take effect, so that by the early years of this present century the country was ready to accept the broad social policies of Mr. Lloyd George - it is salutary to realize that the 10s. 0d. a week benefit paid to a sick man in 1911 represented a higher proportion of the average wage, and more purchasing power than the amount paid today.

The Ministry of Health was formed in 1919, and soon inaugurated maternity and child care clinics and campaigns against infectious diseases. It was almost inevitable that this medical and social reform should gain momentum, and culminate in the National Health Service Acts of 1946 and 1973.

Let us now look at some of the present and future problems against this sketchily painted backcloth of the past. One of the most important problems

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that will face us in the future will be the problem of old age. At the beginning of this century only 4 per cent of the population in Britain was over 65 years of age, now 13 per cent are over 65 and in 1990, 17 per cent will be over 65. It is heartening to realize that only 3 per cent of people over 65 years of age are at present in homes for the aged, the vast majority continuing to live in their own community receiving support from their families. However, as families in this country continue to get smaller and smaller, and the number of old people continues to get bigger and bigger, the real problem of loneliness in old age will loom larger and larger, as there will be fewer and fewer middle aged people to care for more and more elderly people in their own homes, and the percentage of old people in homes for the aged will unfortunately rise. However it is our duty to provide services and support to enable the elderly person, who is otherwise healthy, and wishes to spend the evening of her life at her own familiar hearth, to do so, and when her time comes, let the place be her own loved home. I use the word 'her' advisedly because women live longer than men - in fact for every 1,000 women over 75 years of age in this country in 1972, there were only 457 men.

In Cardiganshire we have already reached the projected figure, for the year 1990 in Britain, of 17 per cent of people over 65 years of age, according to a comprehensive survey carried out in 1973 by the Director of Social Services. It is interesting also to note from this survey that, according to the elderly themselves, far and away the most popular of all the services provided for them, is the Domiciliary Library Service which was inaugurated many years ago by our own County Librarian.

If the problems of ageing concern us, so also should the problems of maintaining the quality of life. Because our cities and towns are so large

they, like the dinosaurs, are nonviable, and so satellite towns are built, but these are palliative only, and so the cancer of urbanization spreads into what is left of the countryside proper, converting it into an urban slum (or 'slurb'). This has happened in the United States of America, where an area of countryside, equal in size to Britain, lying between Boston and Washington has already been converted into one enormous slurb.

The people who live in the nonviable cities and industrial towns, attempt to move away from the polluted atmosphere they have created, in order to preserve what is left of their physical health, and they move into the surrounding country villages, which they "develop" into the concrete jungles called dormitory towns, which breed not physical, but psychiatric illness, due to the complete absence of community life. The need to escape from all this, results in a recurring movement of population out from the dormitory housing estates into the unspoilt ("undeveloped") countryside, with the inevitable consequence that "development" occurs in the form of huge caravan sites and holiday villages, complete with all the paraphernalia that appears to be necessary to urban existence, as opposed to urbane living. These population movements will increasingly pose very real public health problems, as more and more hitherto unspoiled rivers and streams become polluted, and it is true to say that the Affluent Society is fast becoming an Effluent Society which is destroying our environment.

Another problem to consider is the changing pattern of disease. A hundred years ago most people in this country breathed pure air, but drank polluted water. They died of nutritional and infectious diseases, which were associated with poverty and fatigue. Nowadays most people in this country drink pure water, but breathe polluted air. They die of coronary heart disease, cancer

or 'stroke', which have been called the diseases of affluence in our car-borne, smoking, overfed, centrally heated, automated, leisure-ridden society, where boredom with its associated psychiatric disturbances, has replaced fatigue with its associated somatic disturbances.

It is interesting to speculate about the diseases of the future. The introduction of more detergents and synthetics may cause new diseases of allergy, further advances in chemotherapy may lead to the emergence of new resistant strains of disease - causing organisms, new drugs may cause new toxic states, the increasing use of new insecticides and the further sophistication of food-stuffs may lead to new metabolic diseases and ionizing radiation may cause new forms of cancer.

It is a sobering thought that good advice given many centuries ago cannot be bettered today. In the 5th century B.C., Hippocrates, the father of medicine, advised moderation in eating and drinking. Galen (130-200 A.D.) emphasized the effect of social conditions on health, and concluded that physical work short of fatigue, the enjoyment of sun and fresh air, a moderate diet and the pleasant exercise of the mind in conversation were all beneficial to health. This same advice echoes down through the centuries to us today from our own Physicians of Myddfai, who said in the 12th century "Tri chynedroldeb a barant hir oes - ym-borth, llafar a myfyrdod".

Hippocrates wrote two and a half thousand years ago "It is changes that are chiefly responsible for diseases" and this remains true today. Total environment affects disease patterns, and since we are rapidly destroying our own environment, we are in danger of becoming the cancer of our own country and destroying ourselves at the same time.

Whereas a hundred years ago, one was ill because one was poor, today one is more likely to be ill because one is rich, and there appear to be grounds now, as far as health is concerned, for advocating a mode of life which embraces a medically orientated puritanism.

A more detailed account of the work of the Public Health Department, including a portion by the Public Health Inspector, will be found in the following pages.

At Faer, Henaduriaid ac Aelodau
Cyngor Bwrdeisdref Aberteifi

BMAGAIL

Pleser inni yw cyflwyno Adroddiad Blynyddol yr Adran Iechyd Cyhoeddus am y flwyddyn 1972.

Cofrestrwyd pedwar-deg-pedwar o fabanod a anwyd yn fyw yn ystod y flwyddyn; dau-ddeg-pump yn llai na'r nifer am y flwyddyn flaenorol. Ni chofrestrwyd un marw-anedig ond bu farw un baban ar ôl diwedd y wythnos gyntaf a chyn diwedd y bedwaredd wythnos o fywyd. Ni bu farw un feinyw am ei bod yn feichiog, ac ni chafwyd un marwolaeth ar enedigaeth na thrwy erthyliad.

Cofrestrwyd chwe-deg-tri o farwolaethau; tri yn fwy na'r nifer am y flwyddyn cynt. Bu farw un-deg-pedwar o bobl o'r strôc, deuddeg o'r clefyd y galon a naw o'r cancer.

Ni dderbyniwyd hysbysiad anarferol o glefyd heintus yn ystod y flwyddyn. Nodwyd pump digwyddiad newydd o'r ddarfodedigaeth yn ystod y flwyddyn a bu farw un person o'r clefyd hwn. Er mwyn dod o hyd i bob person a fu mewn cyffyrddiad a'r achos gwybyddus o'r ddarfodedigaeth y mae'r Adran yn cydweithredu a'r Arbenigwr lleol yn y maes hwn.

Gobeithiwyd cyfuno yn yr Adroddiad Blynyddol hwn am 1972 ddadansoddiad o'r ystadegau hanfodol am 1973 yn ogystal, ond bellach mae'n gwbl amlwg na all y Swyddfa Gyfrifiad ac Arolwg Poblogaeth roi'r wybodaeth sylfaenol angenrheidiol ar gyfer unrhyw ddadansoddiad cyn y daw'r Cyngor presennol hwn i ben.

O ganlyniad, dyna'r adroddiad olaf y caf y pleser o'i gyflwyno fel eich Swyddog Iechyd. Ceisiais ar hyd y blynyddoedd dynnu eich sylw at nifer o broblemau a oedd yn dylanwadu ar iechyd cyhoeddus, ac ar yr achlysur olaf hwn hoffwn amlygu rai o'r problemau y deuir wyneb yn wyneb a hwy yn y dyfodol, a meddwl amdanynt yng nghefnidir problemau'r gorffennol.

Gadewch i ni felly edrych ar y sefyllfa ym Wngladain yng nghanol y ganrif ddiwethaf pan gafodd y Swyddogion Iechyd cyntaf eu hapwyntio. Erbyn 1850 roedd y Chwyldro Diwydiannol yn gyflawn, a thra roedd saith-deg-pump y cant o boblogaeth Prydain ym 1780 yn gweithio ar y tir, dim ond pedwar-deg y cant a wna hynny erbyn 1850; gweithiai'r gweddill mewn diwydiant a byw dan amodau gwarthus a ddaeth yn sgil y Chwyldro Diwydiannol. Llafuriai mamau a phlant mewn diwydiant, a gorfodid llawer o deuluoedd i fyw mewn un ystafell fechan lle roedd y plant yn llygad - dystion o enedigaeth, marwolaeth a'r frech wen. Cludwyd llwythi o blant y tlodion mewn ceirt i weithio'n rhad am bymtheg awr y dydd a chwe niwrnod yr wythnos mewn diwydiant, ac fe'u lletywyd mewn gwersylloedd milwrol gerllaw'r ffatrioedd.

Roedd arswyd rhag afiechyd heintus yn beth byw iawn - yn 1849 bu 53,000 farw o golera yn y wlad hon. Dengys yr Andover Scandal yn 1845 absenoldeb llwyr unrhyw gydwybod gymdeithasol swyddogol, a gwell fyddai peidio a son am driniaethau a weinyddwyd yn enw meddygaeth a llawfeddygaeth.

Yn erbyn y ceindir hwn o fywyd aflan a marwolaeth drugarog, pan ddisgwyliid i o leiaf 200 ac yn aml 250 o blant allan o bob mil a anwyd, i farw cyn eu penblwydd cyntaf, a lle nad oedd obaith i bobl fyw dros ddeugain oed, y cafwyd y Ddeddf Iechyd Cyhoeddus gyntaf yn 1848 a phenodwyd Syr John Simon yn Swyddog Iechyd cyntaf Llundain. Ni wnaeth neb, na chynt na wedyn, fwy dros iechyd y wlad hon. Mae rhagolwg cymdeithasol eang ei adroddiadau, y rhan a chwaraeodd mewn diwygio hofforddiant meddygon, a'r dulliau a ddefnyddid yn y Prif Swyddfa Gofrestru yn fynegiant o'i agwedd gynhwys fawr tuag at broblemau Iechyd Cyhoeddus. O'r 32,000 a dderbyniodd i noddi ei ymchwiliadau y tyfodd holl drefn ymchwil feddygol ym Wngladain. Sefydlodd Gomisiwn Iechyd Brenhinol, ac am y tro cyntaf rhoddwyd pwyslais ar atal halogi dwr, glendid tai annedd, cael gwared ar

sbwriel a mwg, archwilio bwyd, claddu'r meirw heb wneud niwed i'r byw, a chofrestru afiechyd a marwolaeth.

Yn 1871 daeth addysg orfodol i rym a golygai hyn na ellid mwyach anfon plant allan i ennill, a'i bod yn ofynnol i'w rhieni eu cadw tan iddynt gyrraedd oedran gadael ysgol. Canlyniad hyn oedd i nifer y genedigaethau (a oedd yn 35 y 1,000 poblogaeth yn 1871) ddisgyn yn gyson bob blwyddyn, ar wahan i godiad a gysylltir a'r Ail Tyfel Byd, tan 1972 pan nad oedd ond 15 y 1,000 poblogaeth. Er hynny, yn ystod y can mlynedd hyn bu i boblogaeth Cymru a Lloegr ddyblu o 24 miliwn yn 1871 i 49 miliwn yn 1972. Gellir egluro'r gwrthgyferbyniad hwn yn wyneb y lleihad cyfatebol a fu yn nifer marwolaethau plant yn ol y 1,000 o enedigaethau byw o 149 yn 1871 i 17 yn 1972, a'r lleihad cyson yn nifer y marwolaethau o 21 yn 1871 i 12 yn 1972 y 1,000 poblogaeth.

Yn araf, teimlwyd effaith diwygiadau'r G9edd, nes bod y wlad yn barod erbyn Blynnyddoedd cynnar y ganrif hon i dderbyn polisiau cyndeithasol eangfrydig Mr. Lloyd George - mae'n ddiddorol i ni sylwi fod y budd-dal o chweugain a delid i ddyn tost yn 1911 yn cynrychioli cyfran uwch o'r gyflog gyffredin, ac yn uwch ei gwerth ar y farchnad na'rswm a deli'r heddiw.

Yn 1919 sefydlwyd y Weinyddiaeth Iechyd, ac yn fuan wedyn glinigau a gofal dros famau a phlant a'i ymgyrchoedd rhag afiechydon heintus. Roedd hi'n anochel i'r diwygiadau meddygol a chymdeithasol hyn ennill grym a chyrraedd eu hanterth yn neddfau Gwasanaethau Cymdeithasol 1946 a 1973.

Gadewch i ni'n awr edrych ar rai o broblemau'r presennol a'r dyfodol yng nghefnidir yr amlinelliad bras a gafwyd o'r gorffennol. Un o'r problemau pwysicaf a fydd yn ein hwynebu i'r dyfodol fydd problem yr henoed. Ar ddechrau'r ganrif hon dim ond pedwar y cant o boblogaeth Prydain oedd dros 65 oed, ac yn 1990 fe fydd dau-ar-bymtheg y cant dros 65. Mae'n galonogol sylwi mai dim ond

tri y cant o'r bobl dros 65 oed sydd ar hyn o bryd mewn cartrefi henoed a'r mwyafrif llethol yn dal i fyw yn eu cymdogaeth eu hunain ac yn cael eu cynnal gan eu teuluoedd. Beth bynnag, am fod teuluoedd y wlad hon yn mynd yn llai ac yn llai, a nifer yr henoed yn mynd yn fwy ac yn fwy, fe fydd gwir broblem uni-grwyd henaint yn cynyddu, oherwydd ceir llai a llai o bobl canol oed i ofalu am fwy a mwy o henoed yn eu cartrefi eu hunain, ac yn anffodus fe gyfyd cyfar-taledd nifer yr hen bobl mewn cartrefi henoed. Serch hynny, ein dyletswydd ni yw sicrhau gwasanaethau i alluogi i'r person oedrannus iach sy'n dymuno Treulio hwyrnos bywyd ar ei haelwyd gyfarwydd hi ei hun fedru gwneud hynny, a phau ddaw angau, y gelyn olaf heibio bydded iddi gael ffarwelio a'r dddear hon o'i hael-wyl gartref ei hun. O fwriad defnyddiaf y rhagenw "hi" oblegid mae gwagedd yn byw yn hwy na dynion - fel mater o ffaith am bob 1,000 o wragedd dros 75 oed yn y wlad hon yn 1972, nid oedd ond 457 o ddynion.

Yn Sir Aberteifi, yn ol arolwg cynhwysfawr Cyfarwyddwr y Gwasanaethau Cyndeithasol am 1973, rydyn eisoes wedi cyrraedd yr amcangyfrif dros Brydain am y flwyddyn 1990, sef dau-ar byntheig y cant dros 65 oed. Mae'n ddiddorol sylwi hefyd ar un ffaith arall sy'n deillio o'r arolwg hwn sef bod yr henoed, yn ol eu tystiolaeth hwy eu hunain yn ystyried mai un o'r gwasanaethau mwyaf poblogaidd o bell ffordd o'r rhai a gynnigir iddynt yw'r Llyfrgell Deithiol, a gychwynwyd gan Llyfrgellydd y Sir hon.flynyddoedd maith yn ol.

Os ydy problem mynd yn hen yn ein poeni ni, yna fe dylai'r broblem o ddiogelu ansawdd bywyd ein poeni ni hefyd. Am fod ein dinasoedd a'n trefi mor fawr, maent fel y dinosaurs, yn anhyfyn, neu'n anabl i fodoli, felly adeiledir cylchdrefi, ond dim ond lliniaru dipyn ar bethau a wnant hwy felly mae'r cancr trefoli yn ynledu i'r hyn sy'n weddill o gefn gwlad a'i weddnewid yn slym tre-fol. Te ddiwyddlodd hyn eisoes yn America lle cafodd darn o gefngwlad rhwng Boston a Washington sy'n gyfartal o ran maint a Phrydain ei droi'n un slym en-fawr.

Ceisiau poblogaeth y dinasoedd a'r trefi anhyfyn symud allan i'r pentrefi gwledig cyfagos i fyw er lles ac iechyd corfforol gan droi eu cefnau ar yr amgylchfyn a halogwyd ganddynt hwy eu hunain. "Datblygid" y pentrefi yn faestrefi sy'n ddim amgenach nag anialdir concret sy'n magu nid afiechydon corfforol ond afiechydon seiciatryddol oherwydd nas ceir ynddynt unrhyw fywyd cymdeithasol yn yr angen i ddianc rhag hyn mae'r boblogaeth yn symud allan o'i maestrefi i'r wlad nas "datblygwyd" na'i halogi, gyda'r canlyniad anochel y gwelir "datblygiad" ar ffurf meysydd carafaniau helaeth a phentrefi gwyliau sy'n llawn o'r paraffanalia a ystyrir yn angenrheidiol i fywyd trefol, ond sy'n hollol wrthun i fywyd gwar. Fe grea'r symudiadau cyson hyn mewn poblogaeth broblemau dyrys mewn iechyd cyhoeddus, oherwydd wrth i'r Gymdeithas Foethus hon halogi afonydd a ffrydiau oedd gynt yn anlygredig try'n gymdeithas esgeulus sy'n dinistrio'n hangylchfyd.

Problemau arall i'w hystyried yw'r newid ym mhatrwm afiechyd. Gan mlynedd yn ol roedd y mwyafrif o bobl y wlad hon yn anadlu awyr bur, ond yn yfed dwr brwnt. Roeddent yn marw o afiechydon heintus a maethlon a gysylltid a thlodi a gwendid. Heddiw, yf mwyafrif o bobl y wlad hon ddwr pur, ond anadlant awyr wedi ei lygru. Maent yn marw o afiechydon y galon y cancer neu stroc. Disgrifiwyd yr afiechydon hyn yn afiechydon y goludlawn mewn cymdeithas sy'n moduro yn smocio ac yn gorfwyta, gyda'i gures canolog a'i bywyd hunanysgogol a gorniodd o oriau hamdden. Yn lle blinder a gysylltir ag afiechydon corfforol, ceir diflastol a gysylltir ag afiechyd meddyliol.

Mae'n ddiddorol dyfalu beth fydd afiechydon y dyfodol. Fe all rhoi ar y farchnad ragor o lanedyddion a synthetigion greu afiechydon alergol newydd, fe all datblygiadau pellach mewn cemotherapeg greu mathau newydd o afiechydon sy'n gwrthsefyll unrhyw foddion ac achosi organebau, fe all drygiau newydd wenywyo, fe all y defnydd cynyddol ar bryfleiddiadau a'r llygru pellach ar

fwydydd arwain i afiechydon metabolig, a gall polydredd ionig achosi mathau newydd o ganser.

Fe'n sobrir o gofio na ellir gwella ar y cyngor da a roddwyd lawer canrif yn ol gan Hippocrates, tad meddygaeth, yn y pumed ganrif, ar i ni fod yn gymhedrol wrth fwyta ac yfed. Pwysleisiodd Galen (130 - 200 O.C.) effaith amodau cyndeithasol ar iechyd a dyfarnodd fod gwaith corfforol heb ormod o flinder, mwynhau haul ac awyr iach, bwyta cymhedrol a sgwrs i hogi'r meddwl, yn llesol i iechyd. Daeth yr un neges i lawr atom drwy'r canrifoedd, a chawn Feddygon Hyddefai yn y deuddegfed ganrif yn dweud; "Tri chymedroldeb a barant hir oes - ynborth, llafar a myfyrdod".

Ddwy fil a hanner o flynyddoedd yn ol sgrifennodd Hippocrates; "It is changes that are chiefly responsible for diseases", a deil hyn yn wir heddiw. Mae'r amgylchfyd cyfan yn effeithio ar batrymau afiechyd a chan ein bod yn cyflym ddiinstrio ein hamgylchfyd ein hunain, rydym mewn perygl o ddifrodi ein gwlad a diinstrio ein hunain yr un pryd.

Gan mlynedd yn ol ceid afiechyd ochr yn ochr a thlodi, ond heddiw y cyfaethog sy'n fwyaf tebygol o fod yn afiach, ac ymddengys fod yna le mawr i ddadlau cyn belled ag y nae iechyd yn y cwestiwn y dylai meddygaeth amlygu ffordd biwritanaidd o fyw.

Gwelir adroddiad mwy manwl o waith yr Adran Iechyd Cyhoeddus sy'n cynnwys darn gan yr Llysofwr Iechyd Cyhoeddus yn y tudalennau canlynol.

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VITAL STATISTICS

	<u>1970</u>	<u>1971</u>	<u>1972</u>
1. <u>LIVE BIRTHS</u>			
Total	57	69	44
Leg: ..	53	63	40
Illeg: ..	4	6	4
Rate per 1,000 population (crude)	15.0	18.1	11.6
Rate per 1,000 population (adjusted)	16.8	20.3	13.6
Rate per 1,000 population Wales and England ..	16.9	16.0	14.8
Illegitimate live births per cent of total live births	7	9	9
2. <u>STILLBIRTHS</u>			
Total	2	0	0
Leg: ..	2	0	0
Illeg: ..	0	0	0
Rate per 1,000 live and stillbirths	34	0	0
Rate per 1,000 live and stillbirths Wales and England	13	12	12
3. <u>TOTAL LIVE AND STILLBIRTHS</u>	59	69	44
4. <u>PERI-NATAL DEATHS</u> (Stillbirths plus early neo-natal deaths)			
Total	2	1	0
Leg: ..	2	1	0
Illeg: ..	0	0	0
Rate per 1,000 total live and stillbirths	34	14	0
5. <u>EARLY NEO-NATAL DEATHS</u> (deaths under one week)			
Total	0	1	0
Leg: ..	0	1	0
Illeg: ..	0	0	0
Rate per 1,000 total live births	0	14	0
6. <u>NEO-NATAL DEATHS</u> (deaths under four weeks)			
Total	0	1	1
Leg: ..	0	1	1
Illeg: ..	0	0	0
Rate per 1,000 total live births	0	14	23

	<u>1970</u>	<u>1971</u>	<u>1972</u>
7. <u>INFANT DEATHS</u> (deaths under one year)			
Total	1	1	1
Leg: ..	1	1	1
Illeg: ..	0	0	0
Rate per 1,000 total live births	18	14	23
Legitimate infant deaths per 1,000 legitimate live births	19	16	25
Illegitimate infant deaths per 1,000 illegitimate live births	0	0	0
8. <u>MATERNAL DEATHS</u> (including abortion)			
Number of deaths	0	0	0
Rate per 1,000 total live and stillbirths	0	0	0

DEATHS

Total	60	60	63
Rate per 1,000 population (crude)	15.8	15.7	16.6
Rate per 1,000 population (adjusted)	13.4	13.3	12.9
Rate per 1,000 population Wales and England ..	11.7	11.6	12.1

Area comparability factor for births	1.12	1.12	1.17
Area comparability factor for deaths	0.85	0.85	0.78

POPULATION STATISTICS

Area (in acres)	4,923
Population (census 1961)	3,789
Population (Registrar General's Estimated Mid-Year Population for 1972)	3,800

(3)

CAUSES OF DEATH

(Heading with no deaths allocated are omitted)

<u>Causes of Death</u>	<u>Number of Deaths</u>		
	<u>Male</u>	<u>Female</u>	<u>Total</u>
Tuberculosis of Respiratory System	1	—	1
Malignant Neoplasm, Buccal Cavity etc.	—	1	1
Malignant Neoplasm, Stomach	1	—	1
Malignant Neoplasm, Lung, Bronchus	4	—	4
Other Malignant Neoplasms	1	2	3
Diabetes Mellitus	—	1	1
Anaemias	—	1	1
Other Diseases of Nervous System	1	—	1
Hypertensive Disease	1	—	1
Ischaemic Heart Disease	5	1	9
Other Forms of Heart Disease	3	—	3
Cerebrovascular Disease	4	10	14
Other Diseases of Circulatory System	1	1	2
Pneumonia	3	4	7
Bronchitis and Emphysema	3	3	6
Other Diseases of Respiratory System	1	—	1
Congenital Anomalies	—	1	1
Symptoms and Ill Defined Conditions	1	3	4
Motor Vehicle Accidents	1	—	1
All Other Accidents	—	1	1
	<hr/>		
TOTAL	31	32	63

INFECTIOUS DISEASES

The following is a list of the notifications of infectious disease, other than tuberculosis, received during the year:-

[illegible]

(5)

TUBERCULOSIS

The following table shows the sex and age distribution of the new cases notified during the year:-

AGE GROUP	RESPIRATORY		NON-RESPIRATORY	
	Male	Female	Male	Female
5 - 14	-	-	-	-
15 - 24	2	-	-	-
25 - 44	-	-	-	-
45 - 64	1	1	-	-
65 +	1	-	-	-
TOTAL	4	1	-	-

SECTION 47 OF THE NATIONAL ASSISTANCE ACT 1948

No action was required to be taken under this Section during the year.

GENERAL PROVISION OF PREVENTIVE PERSONAL HEALTH SERVICES IN THE AREA

These remain essentially the same as in previous years and are under the control of the County Council.

W. J. St. E.-G. REYS

MEDICAL OFFICER OF HEALTH

ANNUAL REPORT OF THE PUBLIC HEALTH INSPECTOR
FOR THE YEAR 1972

SANITARY CIRCUMSTANCES OF THE BOROUGH

1. WATER

The Cardiganshire Water Board indicated that the water supply to the Borough had been satisfactory in quality and quantity.

Chlorination is carried out in order to safeguard the supply against any form of contamination.

During the year seventy-five properties were connected to the Board's mains.

No information is available on the Fluoride content of the mains supplies.

PUBLIC SWIMMING BATHS

There is no public swimming bath in the Borough.

2. DRAINAGE AND SEWERAGE

Routine maintenance work was carried out during the year to all existing sewers. The work consisted mainly of maintenance to flap valves to the main sewer outfalls. Considerable time was also spent on the maintenance of a number of storm water culverts.

The arrangements for sewerage and sewage disposal within the Borough are considered adequate - the built-up parts being served by a water carriage system whilst outlying dwellings are served by septic tank.

Work was carried out to enlarge and improve stormwater culverts at Crugefa, Old Tenby Road and adjacent to Netpool Cottages. The culverts had become choked causing temporary flooding.

3. PUBLIC CONVENIENCES

The town is served by the following public conveniences:-

Feidrfair
Bath-house car park
Victoria Gardens
Bridgend
Greenfield Square
Chancery Lane

The Council resolved that the public conveniences in Chancery Lane be demolished and a new toilet block is to be built on a site adjoining in conjunction with proposed improvements to Messrs. Woolworth's premises.

4. POLLUTION OF RIVERS

Despite informal notices and the erection of warning signs the practice of depositing refuse along various watercourses persists. The depositing of refuse was evident along the river bank at Gloster Row, sections of the Mwdan and CwndegeWel, St. Dogmaels.

5. CLOSET ACCOMMODATION

A number of dwellings were provided with bathrooms and facilities for the disposal of waste water - the work in most instances being grant aided under the Housing Act 1969.

During the year, a number of improvements were carried out to sanitary accommodation in catering establishments and also in licensed premises. The work was required in order to comply with the Food Hygiene Regulations 1970.

6. PUBLIC CLEANSING

Street Sweeping

The highways are cleansed daily by means of a mechanical road sweeper. The Council Housing Estate roads are cleansed once weekly by the machine. This has led to a considerable improvement in the appearance of the highways and estate roads. A contribution to the cost is made by the County Council in respect of the trunk and classified roads.

Trade Refuse

A charge of £3 per annum for the collection of trade refuse from trade premises within the Borough was introduced by the Council in 1966, in accordance with the provisions of Section 73 of the Public Health Act 1936.

These charges were revised during the year due to the continually rising collection costs and in particular due to the high volume of waste from the Supermarket type of trader. The present charge is £5 for ordinary trade collection and £25 per annum for premises producing exceptional quantities.

Arrangements were made with the Supermarkets to provide baling equipment and this has resulted in a speeding up in collection time and for cleaner conditions at the various premises.

Slimma Ltd., have arranged a private supply of plastic sacks which has also resulted in improved collection.

It is estimated that 1,760 tons of trade refuse was collected from business premises during the year. Trade refuse is disposed of by incineration at Tygwyn, Ferwig.

Refuse Disposal

The service is covered by direct labour over the whole of the Borough and mechanical transport is used. Collection is made once weekly in all the built-up areas and also the outlying areas. This arrangement is satisfactory and the work well organised. The Council operate a 'fore and aft' tipping vehicle of 25 cubic yards capacity.

Disposal is at the Sarnau site by agreement with the Teifiside Rural District Council - subject to the payment of proportionate costs of operating the tip site.

The Council operate a plastic sack system for the collection of refuse which made conditions cleaner for the workmen and leave the streets tidier.

7. HOUSINGFelin Ban Estate

The Felin Ban scheme for 48 No. dwellings was completed during the year.

The total number of Council properties at the end of the year was:

Council dwellings	436
Council garages	<u>176</u>
Total	<u>612</u>

PLANS APPROVED

The following building plans were approved under the Building Regulations 1965:-

New Houses	1
New Bungalows	21
Alterations and Improvements to houses	20
Miscellaneous including shops	<u>8</u>
Total	<u>50</u>

8. HOUSING ACT 1969

The Housing Act 1969 came into effect on 25 August 1969. The Act set out a fresh and self-contained code for the grant aided improvement and conversion of houses and also provided local authorities with additional powers to bring about the repair of houses. The Housing Act 1971 increased the amount of financial assistance available under the Housing Act 1969.

The Act provides for three different types of grant:-

- (a) Improvement grant, of up to £1,500 payable at the discretion of the Local Authority - normally for works of a high all-round level for the improvement, conversion and repair of properties with a good life ahead of them.
- (b) Standard grant, of up to £450 obtainable by owners as of right except in general improvement areas for the installation of standard amenities in cases where the dwelling has an estimated life of at least fifteen years; and otherwise at the authority's discretion subject to Ministerial directions.
- (c) Special grant, available at the local authority's discretion, for the installation of standard amenities in houses in multiple occupation.

Applications for grants approved during 1972 were as follows:-

- 1. Improvement Grants - Grants in respect of 12 dwellings amounting to £17,276.61
- 2. Standard Grants - Grants in respect of 2 dwellings amounting to £500

9. DISINFECTION

Disinfection of dwellings following infectious diseases was carried out in three dwellings.

10. DISINFESTATION

Disinfestation was carried out in two premises during the year for the eradication of cockroaches and ants.

11. PETROLEUM (CONSOLIDATION) ACT 1928

The Council is responsible for the licensing and supervision of petroleum storage installations. Under the above Act, no person may store petroleum spirit in excess of the quantity prescribed unless a licence has been granted by the Borough Council.

In 1972, such licences issued were thirteen in respect of which fees amounted to £56.00.

12. SCHOOLS

The sanitary accommodation and water supply for the schools are satisfactory.

13. MORTUARY FACILITIES

The Council provide a single storey one roomed mortuary at the Cemetery.

14. NOISE ABATEMENT ACT

No statutory action was necessary under the Noise Abatement Act 1960. On occasions, work being carried out for, or on behalf of public utilities were observed to be creating noise nuisance due to baffles or hoods not being used.

15. AIR POLLUTION (Clean Air Act 1956)

No action was necessary during the year under legislation dealing with the above.

16. PREVENTION OF DAMAGE BY PESTS ACT 1949

The Council have in their employ a part-time Rodent Operator. Sewer treatment involving baiting of approximately seventy-nine manholes is carried out twice a year, the sewers remain free of infestation.

The following table shows the work carried out:-

Properties other than Sewers	Type of Property	
	Non-Agricultural	Agricultural
1. Number of properties in the district	1,956	80
2. (a) Total number of properties (including nearby premises) inspected following notification	20	-
(b) Number infested by:-		
(i) Rats	2	-
(ii) Mice	13	-
3. (a) Total number of properties inspected for rats and/or mice for reasons other than notification	3	-
(b) Number infested by:-		
(i) Rats	-	-
(ii) Mice	5	-
<u>SEWERS</u>		
4. Were any sewers infested by rats during the year?	NO	

17. OFFICES, SHOPS AND RAILWAY PREMISES ACT 1963

The above Act came into operation on 1 August 1964. The main provisions of the Act affect the working conditions of countless people, and are concerned with overcrowding, cleanliness, temperature, ventilation, lighting, sanitary facilities, safety and noise in offices and shops. Approximately one hundred and eighty premises in the Borough come within the scope of the act.

OFFICES, SHOPS AND RAILWAY PREMISES ACT 1963(A) REGISTRATIONS AND GENERAL INSPECTIONS

Class of Premises (1)	Number of premises regis- tered during the year (2)	Number of registered pre- mises at end of the year (3)	Number of registered pre- mises receiving a general inspection during the year (4)
Offices	-	29	19
Retail Shops	-	51	56
Wholesale shops	-	2	6
Warehouses	-		
Catering establish- ments open to the public, canteens	-	5	8
Fuel Storage Depots	-	2	2
TOTAL	-	89	91

Total number of visits of all kinds by Inspectors to
registered premises under the Act = 269

(B) ANALYSIS OF CONTRAVENTIONS

SECTION	CONTRAVENTION IN RESPECT OF	FOUND
4	Cleanliness	Nil
5	Overcrowding	Nil
6	Temperature	Nil
7	Ventilation	Nil
8	Lighting	Nil
9	Sanitary accommodation	Nil
10	Washing facilities	Nil
11	Supply of drinking water	Nil
12	Clothing accommodation	Nil
13	Sitting facilities	Nil
14	Seats (Sedentary Workers)	Nil
15	Eating facilities	Nil
16	Floors, passage and stairs	Nil
17	Fencing exposed parts machinery	Nil
18	Protection of young persons from dangerous machinery	Nil
19	Training of young persons working at dangerous machinery	Nil
23	Prohibition of heavy work	Nil
24	First Aid	Nil
	Other matters	Nil

(C) EXEMPTIONS

1. Number of applications for exemptions received Nil
2. Number of applications granted Nil

(D) REPORTED ACCIDENTS

Workplace	Number Reported		Total Number Investi- gated	Action Recommended			
	Fatal	Non-fatal		Pro- secution	Formal Warning	Informal Advice	No action
Offices	Nil	Nil	Nil	Nil	Nil	Nil	Nil
Retail shops	Nil	Nil	Nil	Nil	Nil	Nil	Nil
Wholesale shops Warehouses	Nil	Nil	Nil	Nil	Nil	Nil	Nil
Catering establishments open to public, canteens	Nil	Nil	Nil	Nil	Nil	Nil	Nil
Fuel storage depots	Nil	Nil	Nil	Nil	Nil	Nil	Nil
TOTAL	Nil	Nil	Nil	Nil	Nil	Nil	Nil

18. INSPECTION AND SUPERVISION OF FOODFood and Drugs Act 1955 - Food Hygiene (General) Regulations 1970

Routine visits were carried out during the year to catering premises, bakehouses, and food premises under the Food Hygiene (General) Regulations 1970.

Preliminary notices issued during the year under the Regulations were as follows:-

Protection of food from contamination	12
Personal cleanliness (including smoking offenses)	3
Carrying and wrapping of open food	9
Sanitary accommodation	4
Provide wash-hand basins	2
Provide facilities for washing food equipment	5
Cleanse and repair food rooms	11
Provide first aid materials	13
	<hr/>
	59
	<hr/>

The following details are extracted from the Register of Food Premises:-

Bakehouses	4
Butchers	8
Fishmongers	2
Cafes	5
Factory Canteens	1
Fried Fish Shops	2
Grocers	22
Greengrocers	9
Hotels	7
Ice-Cream Dealers	12
Ice-Cream Manufacturers	-
Public Houses ..	13
School Canteens and Kitchens	2
Snack bars/mobile canteens	-
	<hr/>
	87
	<hr/>

The number of visits to food premises was one hundred and ten.

19. ADULTERATION OF FOOD

The Cardiganshire County Council administers the sections of the Food and Drugs Act 1955 dealing with the adulteration of Food.

There were three complaints reported to the County Council during the year, but in no case was it deemed necessary to prosecute under the Food and Drugs Act 1955.

20. MILK AND DAIRIES (GENERAL) REGULATIONS 1959

Inspection of dairy premises carried out indicated that contraventions of the above regulations existed. Remedial works were carried out following the service of informal notices. The number of dairies registered in the Borough is three.

21, SLAUGHTERHOUSE

The Slaughterhouse is municipally owned and operated (as from 1 July 1966). The Council's Public Health Inspectors enforce one hundred per cent inspection of all home killed meat.

The number of animals slaughtered at the Slaughterhouse during the year were as follows:-

	<u>Cattle</u>	<u>Calves</u>	<u>Sheep and Lambs</u>	<u>Pigs</u>	<u>Total</u>
No. of animals killed	1,395	38	9,180	1,918	12,531
Total weight of meat condemned -	7,156 lbs.				

TOTAL KILLINGS (Including cattle, calves, sheep and pigs)

[illegible]

22. FOOD INSPECTION

The following quantities and types of foodstuffs were surrendered as being unfit for human consumption:-

Canned meats	126 lbs.
Other canned foods	62 lbs.
	<hr/> 188 lbs. <hr/>

23. FACTORIES ACTS 1947 TO 19591. Inspections during the year

Premises	Number on Register	Number of		
		Inspections	Written Notices	Occupiers Prosecuted
1. Factories in which Section 1,2,3,4 & 6 are to be enforced by the Local Authority	2	2	-	-
2. Factories not included in (1) in which Section 7 is enforced by the Local Authority	31	35	-	-
3. Other premises in which Section 7 is enforced by the Local Authority (excluding out-workers premises)	2	2	-	-
TOTAL	35	39	-	-

Defects

Particulars (1)	Number of cases in which defects were found				Number of cases in which prosecutions were instituted (6)
	Found (2)	Remedied (3)	Referred		
			To H.M. Inspector (4)	By H.M. Inspector (5)	
Want of cleanliness (S.1)	3	3	-	-	-
Overcrowding (S.2)	-	-	-	-	-
Unreasonable temperature (S.3)	-	-	-	-	-
Inadequate ventilation (S.4)	-	-	-	-	-
Ineffective drainage of floors (S.6)	-	-	-	-	-
<u>Sanitary Conveniences (S.7)</u>					
(a) Insufficient	-	-	-	-	-
(b) Unsuitable or defective	-	-	-	-	-
(c) Not separate for sexes	-	-	-	-	-
Other offences against the Act (Not including offences relating to Outwork)	-	-	-	-	-
TOTAL	3	3	-	-	-

OUTWORK

There is one outworker in the Borough, engaged in making up knitted garments. Conditions at these premises, i.e. persons' residence, were found to be satisfactory.

24. SUMMARYInspections and Visits

The total number of inspections and visits on various public health matters totalled 1,153 for the year 1972. Details are as follows:-

(a) Housing Act 1936

Inspection of dwellings	97
Inspection of overcrowding	3
Inspection of housing applicants	4

(b) Public Health Act 1936

Inspection of dwellings	64
Inspection of movable dwellings	-
Inspection of water supply	1
Inspection of drainage work	88
Inspection of defective cesspools	-
Inspection of ditches and watercourses	2
Visits and enquiries regarding infectious illness.	-
Number of rooms disinfected	5
Visits regarding Pests (Flies and Beetles)	3

(c) Food and Drugs Act 1955

Inspection of Bakehouses	12
Inspection of Butchers' Shops	10
Inspection of Cafes and Restaurants	25
Inspection of Dairies and Milkshops	4
Inspection of Fishmongers	-
Inspection of Ice-Cream Dealers	2
Inspection of Other Food Premises	40
Visits to Slaughterhouse	598
Visits to inspect unsound food	83
Inspection of Licensed Premises	31

(d) Factories Act 1937

Inspection of Factories with power	7
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(e) Petroleum (Consolidation) Act 1928

Inspection of Petroleum Installations	13
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(f) Other visits not classified

1,153

Inspection of Dwelling Houses During the year

- (a) The total number of dwellings inspected for housing defects (under Public Health and Housing Acts) 37
- (b) The number of inspections made for the purpose 57
- (c) Number of dwelling houses found not to be in all respects reasonably fit for human habitation 2

Housing Acts 1925 - 1964

- (a) The number of houses which on inspection were considered to be unfit for human habitation -
- (b) The number of houses the defects in which were remedied in consequence of informal action by the Local Authority or their Officers 17
- (c) The number of representations made to the Local Authority with the view to:
 - (i) the serving of notices requiring the execution of works -
 - (ii) the making of demolition orders -
- (d) The number of notices served requiring the execution of works -
- (e) The number of houses which were rendered fit after service of notices -
- (f) The number of demolition or closing orders made -
- (g) The number of houses demolished -

MILK SUPPLIES - BRUCELLA ABORTUS

- (i) Number of samples of raw milk examined Nil
- (ii) Number of positive samples found Nil
- (iii) Action taken in respect of positive samples Nil

R. D. MORRIS

M.Inst. B.E., M.P.S.H., M.A.P.H.I.

PUBLIC HEALTH INSPECTOR

Public Health Department,
Council Offices,
Morgan Street,
CARDIGAN.

